

HEALTH & FITNESS CORNER Last month we talked about protein, and we will devote this month's column to Carbohydrates.

All sugars, starch, dextrin, glycogen and cellulose are made of carbon, hydrogen and oxygen and are spoken of collectively as carbohydrates. The average person gets 50% of his calories from carbs, whose main function is to supply energy to the body. Once consumed, carbs are converted into 'simple sugars' which are easily absorbed from the intestinal tract into the bloodstream. The three major simple sugars are glucose, fructose and galactose.

Glucose, also known as grape sugar or blood sugar, makes up more than 50% of the solid matter of grapes and honey, and is found in most fruits and vegetables. Fructose is found with glucose in most fruits, in many vegetables, and in honey. Galactose comes principally from the digestion of milk sugar (lactose). More complex are the double sugars.

Double sugars(disaccharides) include sucrose(commercial sugar is 100% sucrose), maltose, and lactose. These must be broken down into simple sugars before being used. The final class of sugars are polysaccharides, which are the most complex group of sugars. These include starch, dextrin, and glycogen. Starch is our principal form of energy and is found in cereals, breads, dried beans, and potatoes. Dextrin is formed from starch when grains sprout. Glycogen is a form of starch which comes from eating meat.

When people eat more carbs than can be converted into glucose to provide immediate energy needs, some of the excess is stored as glycogen. The body can store about 350g of glycogen. 1/3 of this total is stored in the liver and is used for energy in all cellular activity of the body, while the rest is stored in the muscle and is used for muscular energy. Any excess glucose that cannot be converted to glycogen is changed into FAT (some of you may be familiar with the word) and stored in the adipose tissue. Once changed into fat, it is never turned back into glucose. Unfortunately, many people who should instead be more concerned with fat intake are taking up low-carbohydrate diets. There are many problems with this.

People who consume less than 50g of carbs/day (= to 1 cup fruit flavored yogurt or 2½ apples or four slices of bread) will soon contract ketosis, an acid condition of the blood that occurs when your own fat is used primarily for energy. Also, because the nerve tissues of your body cannot store glycogen, you need to eat carbs on a regular basis to replenish energy for your nervous system. Thirdly, if you don't eat sufficient carbs, any excess protein which would have hopefully been used to build extra muscle tissue (through workou, of course), will instead be broken down to provide energy.

Refined sugars are a different matter, of course, as they are so concentrated that they overload your system (which can only store so much) and cause the excess to be turned to fat. They are also 'empty calories', providing no nutrients to the body, unlike other carbs.

Another stupid way people try to lose weight is by drinking diet drinks. These drinks are loaded with chemicals(including sodium chloride, which increases water retention) which place strains on one's thyroid gland, altering it's regulation of the metabolic rate(it reduces it). You certainly aren't going to lose weight that way. If you feel thirsty, a nice cold glass of water(with or without a squeeze of fresh lemon juice) is much more refreshing than sugar-saturated or diet sodas and is much better for you as well.

Next month's column will be on fat.

DID YOU KNOW that when meat is grilled with charcoal, the poisons from the meat accumulate in the meat, causing one charbroiled steak to be as carcinogenic as 100 cigarettes?

BOOK REVIEWS Second Heaven is a book by Judith Guest, the author of Ordinary People. It is set in Royal Oak, MI (Guest's home town) and is about a 16 year-old boy (Gale Murray) who runs away from home and ends up on the doorsteps of a divorced woman (Cat Holtzman) whom he doesn't even know. Cat lets him live with her for about 4 months (they are not sex partners), at which time Gale's father (a religious fanatic who gave Gale regular beatings) finds out where Gale is living and has Gale arrested with the intention of putting him into a Juvenile Home. Cat hires a lawyer, Michael, (she does get quite involved with him) and together they try to get Gale released into Cat's custody. However, as Gale is a tough-acting kid with few friends who hates nearly everyone and trusts almost no one, this is no easy feat.

Second Heaven was quite a disappointment to me, as I was expecting something of the quality of OP when I began reading it. The major fault that I found with the book was that the major premise of the story was not believable. That a divorced woman living alone would let a surly teen-ager walk in out of the cold and stay with her is beyond my comprehension.
(continued next page)

I can't even imagine non-Diplomacy players being so trusting of others. This unbelievability of the major premise of the book makes it very difficult to accept the story at face value.

There are also a few other problems with the book. As I mentioned earlier, Guest is from Royal Oak. As such, she seems to enjoy showing off her city by spending too much time describing various places in Royal Oak and the Detroit area in unnecessary detail. Although a Michigander like myself enjoys having places familiar to me being described in major novels, even I became weary of many of the descriptions, and I'm sure out-of-staters would feel even more so. Another thing that I disliked was the way some chapters would start off with dialogue that is unmarked as to who is speaking, which causes the reader to take a page or so of reading to figure out exactly what's going on. I also think that the use of flashbacks was overused in the book and hurt its flow. Another fault with the book is that the normally uncommunicative Gale was so hostile towards others that it was difficult for me to feel sorry for him. I also felt that the book was a bit boring, and that too much of the book was filled with the thoughts of the characters rather than with events. All in all, a 5.0.

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FOUNDATIONS EDGE, by Isaac Asimov, is the sequel to the Foundation Trilogy, which was once awarded a Hugo as Best-All-Time Science Fiction Series.

The Foundation books concern a future Galactic Empire which is on the verge of destructing and sending all of mankind into 30,000 years of barbarism. Harry Seldon, a psychohistorian, a person who can predict with great accuracy the future actions of populations as a whole, develops a plan whereby the dark ages would only last for 1000 years before a second Empire arose. The plan consisted of 2 Foundations, one of which was publicly known which would excel in the development of technology which it would use to bring the rest of the galaxy under its thumb, and the other of which was a secret power that excelled in powers of the mind, and whose job it was to pull the proper strings of various people to make them do things to keep Seldon's 1000 year plan on course.

Foundations Edge takes place 498 years after the creation of the two Foundations. The First Foundation has firm control over most of the galaxy, which it rules from the planet Terminus. The Second Foundation, believed to have been destroyed many years ago by most First Foundationers, is thriving on the planet Trantor, the planet from which the previous empire ruled. Golan Trevize, a councilman on Terminus begins the book by enraging the Jane Byrne-like mayor of Terminus(Harla Branno) because of his public statements about how he believes the Second Foundation to still exist, and he ends up exiled from Terminus.

Trevize is ordered to Trantor, supposedly to help an old historian discover the location of Earth(which everyone somehow seems to have forgotten). In actuality, though, the mayor wants Trevize to draw the attention of the Second Foundation away from the First Foundation, and to possibly bring the SF into the open where it can be destroyed. Meanwhile, on Trantor, one of the SFers, Stor Gendibal, has been convinced that the Seldon Plan is being aided by some outside force, and also that Trevize constitutes a serious threat to the SF. His efforts to move his peers to action are hindered by the treacherous Delora Delarmi, but eventually he convinces the SF of the reality of the threat, and he sets off after Trevize(who is now in the vicinity of the planet Gaia, which he believes to be Earth). There, the 'outsiders' intervene and the dramatic conclusion takes place.

Unfortunately, one is left not knowing exactly how things will finally turn out in the end as the last 4 words of the book are THE END(FOR NOW). Hopefully we won't have to wait another 30 years for the next sequel. FE is a thoroughly entertaining book written by one of the masters of Science Fiction. The book reads very well, and the writing style seems about the same as the other Foundation books. The series has been updated a bit to suit contemporary tastes, and Asimov makes a lot of use of computers in the book.

Highly entertaining - 8.5.

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MOVIE REVIEW SUPERMAN III Oh No! Not again! Not long after seeing the disappointing Death Vader Wears Out (reviewed last issue), I was forced to sit through another film full of goody-goody characters who triumph over ridiculous evil people. Instead of having delightfully evil(though somewhat silly) antagonists like in Superman II, Christopher Reeve(who, by the way, is an anti-gun activist) takes on current B movie King Robert Vaughn and comedian Richard Pryor. Vaughn, the head of a large corporation, employs computer genius Pryor to tap into computers around the world to try to gain control over the world's oil supply. In order to ensure their plans' success, they try to kill Superman with synthetic Kryptonite. The attempt fails, of course, because nobody ever dies in a Superman movie(even Lois Lane came (cont.)

back), a fault of Superman movies which makes it impossible for the audience to ever fear for the safety of any of the characters, who are always saved in the nick of time. Many other movies share this fault as well (such as Poltergeist, a film about a family terrorized by a giant wind machine that causes them to have gaping mouths and looks of awe on their faces for the entire film). The Kryptonite does have the effect of temporarily causing Superman to go 'bad?' Of course, he doesn't hurt anyone during this period of time. The movie finally ends with a showdown between Superman and a giant computer (I'll bet you can guess who wins.)

Superman III's humor (and there is much too much of it) consists of slapstick comedy, which caused squeals of delight from the pre-schoolers in the audience. It might also appeal to fans of the Three Stooges. All in all, this is a purely mindless movie which would be enjoyable to small children but unsuitable for everyone else-- 4.0.

Reviewed next issue Orion Shall Rise by Poul Anderson Krull? Octopussy?

LETTERS This month we start off with an old letter from Steve Hutton. Steve sent this letter by special delivery(it only took 3 days to get to me from Ontario) booause he wasn't sure how many other letters I'd have for my letter column and wanted to make sure I had something. "MD #1 was very good. I don't have any major suggestions for improvements.((Since Steve is a pubber(No Fixed Address), I had asked him how I could improve my zine.)) The best way to decide what to put in a 'zine is to put in things that you are interested in yourself((smut?)) That way the 'zine will be distinctive, and you'll have fun publishing it. You seem to have done. this....You're lucky that the two plot elements of Return of the Jedi that you disclosed in MD#1 were revealed fairly early in the movie. Otherwise, you would have received a very angry letter from me.((Whew!! That was close!!))

Ian Strauss(Austin,Tx)"Speaking of books: Heinlein's Friday is very good.((I haven't read it yet)) The heroine is an updated version of the hero in The Puppet Masters. This shows you how Heinlein has and hasn't changed in 32 years. In contrast to the books you dislike, this one isn't preachy: It demonstrates instead of theorizing.

One to stay away from: Harry Harrison's Planet of No Return. I bought it used. I still didn't get my money's worth. Combine an unstoppable hero and an utterly predictable plot, and you get intense boredom. Beat this - the hero, with only a knife and all - 'natural' clothing (no synthetics) tackles an evil military-industrial complex! No political or sociological insights, consideration, or realism intrude on the story. Harrison hasn't written anything worth reading in 15 years."((Thanks for the warning about the book. The only book by Harrison that i've read is Adventures of the Stainless Steel Rat, which was mildly entertaining.)) Tim Allen(Mass.) "...NMR insurance sounds like an idea whose time is not yet here. Perhaps preliminary orders seem like twice as much work --first one set, followed by any updates-- but they are more reliable than a collect call from the GM.((True, but sometimes orders get completely lost by the postal service, or people just sometimes forget about deadlines, esp. if they are in a lot of games or have just been on vacation. For these instances, NMR insurance, which is designed to supplement but not replace the use of preliminary orders, is good.)) Regarding your laws of computer programming, I worked on one program which had already filled one set of available memory and was 60% onto filling the second set.(I'm speaking of virtual address space, of course.) So available memory is not necessarily the limit that the 'law' would imply.((I stand corrected)) The long story on Begorias was very good. Regardless of one's politics, the story cannot but have a familiar ring to it.((I'm glad you liked it. I was afraid that it might be too long to justify its space requirements.))

Quote of the Month: Eric Dickerson, the running back from SMU who was picked 2nd in the NFL Draft, typifies the thinking of the average professional athlete when he explains why he plays football "Playing for money is the name of this game."

Geneologist: Clan Digger Gossip: Mouth-to-mouth recitation.

Lawyers: Persons who write a 10,000 word document and call it a brief.

Intellectual: A person who cannot state a simple fact in simple terms.

HONESTY: the gentle art of enhancing your charm by pretending not to be aware of it.

MANIFEST DESTINY

Page Six

Got any nostalgic memories of the Carter White House? You won't after reading this.
HIGH UP AT THE WHITE HOUSE by Mike Royko

In the days of evening radio drama, there was a show called "Mr. President." Each week, it took a different president and a crisis and turned it into a half hour of family drama.

Today, a script might sound like this:

"Mr. President?"

"yes, Rufus, sit down. I can use a moment away from guiding the ship of state through troubled waters and giving this nation a government that is as good, as honest, as sweet and cuddly as the American people, government that is efficient, loving, government that is..."

"I'm afraid we have a problem on our hands, Mr. President."

"That is what I'm here for, Rufus. What is it this time? Is my sister trying to convert another famous deviate?"

"No, it isn't your sister."

"Well, I hope it's not Billy again."

"Billy hasn't done anything today."

"Then it's Hamilton, isn't it? If he spits Amaretto on one more woman, he's all through. You'd think he'd remember that this is supposed to be a populist administration and spit Coke instead of a fancy liquor."

"It's not Hamilton, Mr. President."

"then it must be Andy Young. What's he said today? That we're all in the Klan?"

"No, Mr. President. I'm afraid that we have a dope problem."

"I already know that, Rufus. But which dope are you talking about? My cousin, Hugh? My nephew? By the way, can I go into court and legally change my name to Smith or Jones, and stay on as President? It might help my image. Have Rafshoon check that out."

"sir, he have a drug problem. Here. In the White House. On your staff. Dr. Bourne is in trouble. And he has told the press that others on your staff have been smoking marijuana, sniffing cocaine and things like that."

"This is serious. Drugs in the White House. I knew they acted strange. But I thought they were just drunk. Hmmm. They didn't get their drugs from Congressmen, did they? If so, we could blame Congress."

"Not that we know of."

"Too bad. Well, then there is only one thing for us to do. Let's wait for the polls to see how people feel about drugs in the White House, then Rafshoon can decide."

"Mr. President, I think you have to do something now."

"Yes, you're probably right. I'll ring for Johnny Bob to come in here and I'll issue an immediate directive forbidding drug use."

"Groovy." "What was that?"

"I mean, yes, Mr. President." "Rufus, what is that pill you just took?"

"That? Aspirin, Mr. President." "Aspirin? With green and yellow stripes?"

"New brand, sir." "I hope it helps. Headaches can be awful."

"Yes sir, it helps. I mean, my head is clear now. I see things so clearly, I can see the planet Mars in your lampshade. Oooh, crazy. There are people on Mars."

"Mr. President, you rang for me?"

"Yes, Johnny Bob. Rufus has told me we have a drug problem in the White House. I want it stopped."

"You wa' wha'?" "I want it stopped."

"Wha' stopped?" "The drugs."

"You got drugs, man?" "Man? I'm the president."

"oh, yeah, groovy, wow. I mean, you look like the president, so you must be the president. Hey, I dig."

"Now, I want this drug directive out immediately. So get hopping."

"Johnny Bob. I didn't mean you should hop like a rabbit. Stop hopping around my office. Rufus, did you see that? He hopped right out the door."

"Yes, Mr. President. He hops good."

"Rufus, are you taking another aspirin with stripes? Maybe you need fresh air."

"Good idea, sir. I'll go outside."

"Rufus! Not out my window! Rufus, stop flapping your arms. You can't fly. Rufus? Oh, my. I'll have to talk to Rafshoon. I'm sure a legal name change is permitted by the Constitution."

a Diplomacy* variant game designed by Glenn Overby, 1981

1. The 1976 edition of the Rules of Diplomacy* shall be in full force and effect where they do not conflict with these rules.

2. Woolworth Diplomacy II is a FIVE-player variant. Ten Great Powers are in play - each player controls two of them: a "public power" known to all players, and a "secret power" known only to the controlling player and the GM. (This feature makes Woolworth Diplomacy II unsuitable for face-to-face play; however, see VARIATIONS below.)

3. Three Great Powers (Balkans, Scandinavia, and Spain) are added to the standard seven. The initial set-up for all Powers is:

Austria: F Tri, A Bud, A Vie

Balkans: A Bul, A Ser, F Gre

England: F Lon, F Edi, Choice Lpl (instead of A)

France: F Bre, A Par, Choice Mar (instead of A)

Germany: F Kie, A Mun, A Ber

Italy: F Nap, A Ven, Choice Rom (instead of A)

Russia: A Mos, A War, F Sev, Choice StP (instead of F(sc))

Scand.: F Nwy, A Swe, F Den

Spain: A Por, Choice Spa, F Morocco (see below) (Spain "Madrid" in II-D)

Turkey: F Ank, A Con, Choice Smy (instead of A)

4. All "Choice" set-ups need not be announced until Spring 1901 orders are revealed. Either an army or a fleet may start in these spaces; if the space is double-coasted, a fleet may start on either coast.

5. The following changes are made to the regular board:

Crete is passable and a supply center.

Galicia is NEUTRAL and a supply center.

Iceland is passable and a supply center.

North Africa is divided into two spaces: Morocco, a Spanish home center which borders on Mid, Wes and Algeria; and Algeria, an ordinary space which borders Morocco, Wes and Tun.

Switzerland is passable and a supply center.

6. Powers are assigned using the following procedure:

a. Each player submits a list of the ten Great Powers in order of preference. Ties are not permitted.

b. The public Powers are selected first. Players' first choices are compared - unique first choices are granted, and lots are drawn between players with identical first choices.

c. As a power is assigned to a player, it is removed from all players' lists.

d. Players who failed on their first choice repeat the process of b above with these reduced lists and assign secret Powers.

7. The ownership of secret Powers is never revealed by the GM. (Note: NMRs may make relationships apparent.) Players may do as they like in this regard.

8. There are now 39 supply centers on the board. The victory condition is therefore 20 centers, which may be met by combining the totals from both of a player's Powers. Adjustments are always computed for each power separately. (See 10d for Woolworth II-d revision.)

9. The game is not historically based; it begins in Spring 01 (not 1901).

10. VARIATIONS:

a. Woolworth Diplomacy IIA: A non-regular board version of WWII, deleting rule 5 and using the attached map in place of the regular board. The new map adds a number of extra spaces to increase mobility in several areas of the board.

b. Woolworth Diplomacy IIB: Face-to-face five-player Woolworth II: however, all 10 powers are public. No other changes.

c. Ten-Man Diplomacy IIR: A ten-player game, with one player controlling each of the ten powers publicly. No other changes.

d. Woolworth Diplomacy IID: (Davis Revision). This game is the same as IIA except for the addition of four more ordinary spaces, to provide additional maneuverability. The attached map shows the IID revisions on top of the IIA changes. The victory conditions for a win using both of one's Powers is altered from 20 to 24 SC's. You can still win the game with ownership of 20 Centers by one of your countries. If you win with one country, you will not 'lose' with the other, since Wins are by players, not countries.

11. Woolworth IIA (Revised Board) Map Clarifications:

- a. All units may move directly between Naples and Sicily in one turn. This does not affect fleets moving between Tyh and Ion.
- b. Basque is part of Spain.
- c. Lapland is part of Scandinavia.
- d. Transylvania is part of Austria.

12. Woolworth IID (Davis Revision) Map Alterations: (11+12)

- a. The province and SC of 'Spain' is renamed 'Madrid.'
- b. Kazakhstan is part of Russia, and touches Persia.
- c. Persia is a neutral space touching Kazakhstan, Sevastopol, Armenia and Syria.
- d. Ireland is passable and neutral e. Macedonia is part of Balkans.

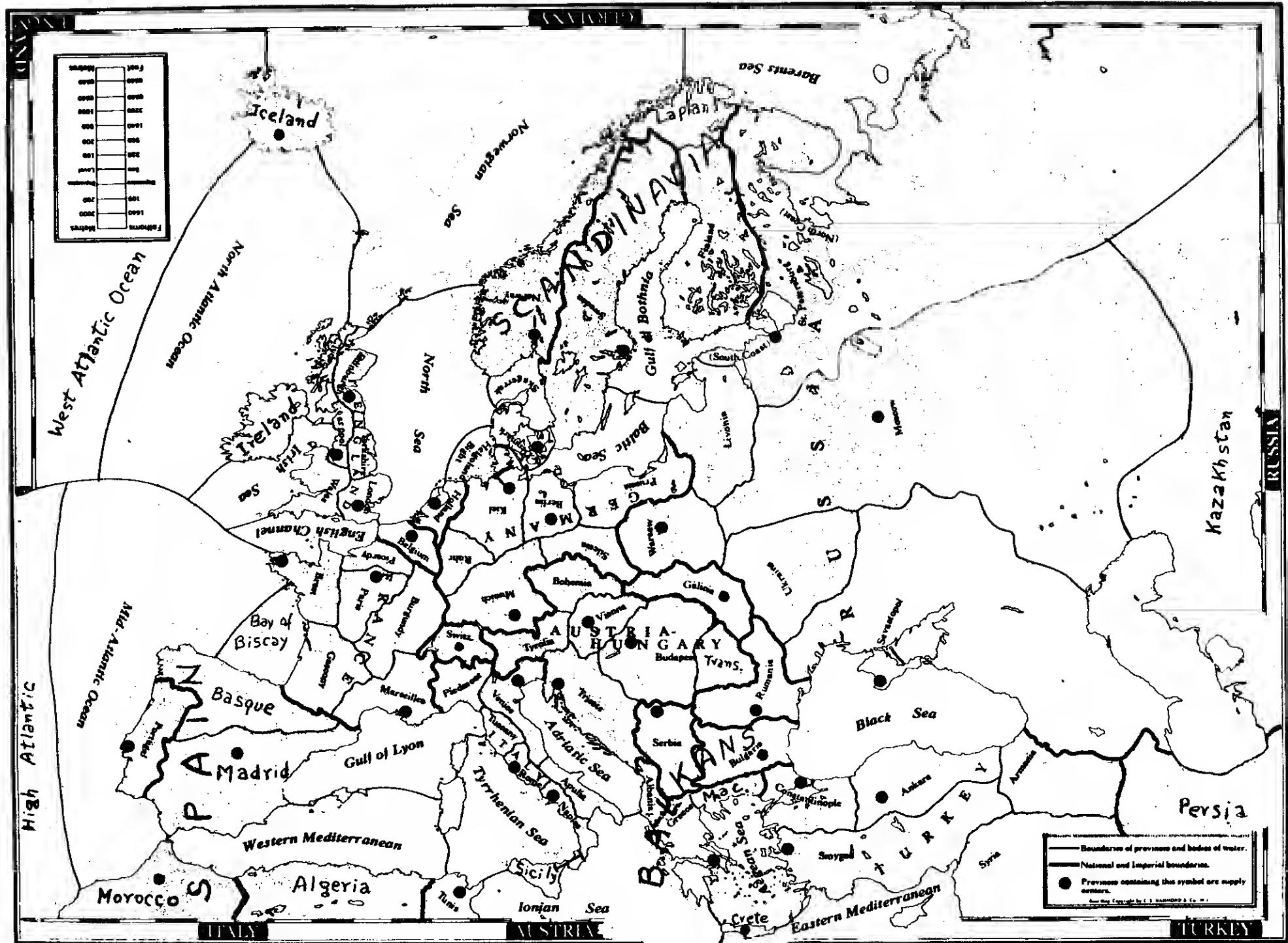
*The game, Diplomacy, is Copyright by the Avalon Hill Co.

Blowup: A DIPLOMACY VARIANT by Nelson Millar and Ronald Brown

1. The rules of regular Diplomacy apply except as amended below.
2. The game begins in Winter, 1900. So, the first orders will be the building of units, which do not have to be these given in the rule book.
3. In every Winter season, including 1900, each player may a) mine any space on the playing board, except home supply centers and any spaces occupied by units; or b) disarm one mine in any space. To mine or disarm a space one need not have units adjacent to that space.
4. There are no restrictions on the number of mines in any given space. However, if one is detonated or disarmed, the remaining mines will remain in effect.
5. The identity of mined spaces will be kept secret by the GM. If a unit is annihilated by a mine, the GM will not reveal the country of origin of that mine, nor will he reveal the existence of other mines in that space. He will not tell a player whether or not a 'disarm' order was successful.
6. When a unit is successfully ordered to a mined space, that unit is annihilated and the mine removed.
7. If a unit is stood out of a mined area by an equally-well supported attack, the mine will have no effect on the attackers and will remain armed until a unit actually enters the space.
8. If a space is left vacant by the detonation of a mine, that space may not be used as a retreat route by any dislodged units in the immediately following retreat season.
9. The symbol /A/ will be used in game reports to show a unit has been annihilated, whether it has been dislodged by an attack and has no retreats, or if it has entered a mined space.
10. Mining operations may not be deferred. If a player neglects to mine or disarm a space, he will still have only one opportunity to do it in subsequent turns.

POINTERS:

Use your mines judiciously; i.e., don't restrict your own freedom of movement. It doesn't matter if you placed the mine; your units will still be annihilated if you enter a space you mined. You can deliberately annihilate your units if you wish to rebuild them by moving into a space you know to be mined. Mining operations can be negotiated between players. This could be tricky as a third party might mine an area two of you agree to leave free of mines, someone could tell you of the existence of mines that don't exist, or you may disarm a space as part of a deal, only to find a second mine there. WARNING! Traditional openings could be disasterous for you.



WOOLWORTH II-D, 1981
Designed by Glenn Overby
Additions by Fred Davis

H = Direct Passage

CONFERENCE MAP

ABBREVIATIONS:

Printed in U.S.A.

COMMUNISM
by Karl Marx...
First there will
be economic chaos
and depression...

and then
a class
struggle...

labor will rise
up against their
oppressors



and workers
will unite and
seize control.



except in Poland...



Jack

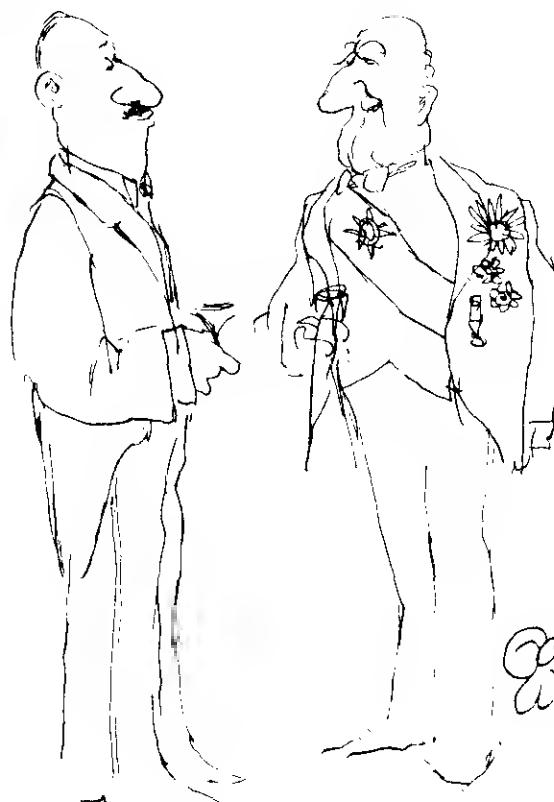
"Ask not what your
country can do for you,
but ask what you can do
for your country."

Bob

"Some men see
things as they are,
and ask why, but
I dream of things
that never were
and ask why not."

Ted

Well, I...uh...



"OK, what the hell—I'll throw in Bulgaria."

47

AMERICAN WHEAT HELPS BUILD
RUSSIAN ARMIES 12 WAYS...

